NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OF AMERICA, INC.
RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS NISCA
Interscholastic Diving All-America

THIS FORM CAN BE FILLED OUT ON-LINE AT www.niscaonline.org

ELIGIBILITY and QUALIFYING

1. Only divers, their parents, or the diver's high school diving coach can complete and submit this form.
2. All applicants must be in high school; only GRADES 9, 10, 11, and 12 will be considered.
3. Applicant must compete for an interscholastic team.
4. Applicant must be scholastically eligible as determined by school administrative authority and/or State Athletic Association.
5. ONLY 1-METER DIVING WILL BE CONSIDERED.
6. All diving performances must be done in a regularly scheduled INTERSCHOLASTIC 11-dive championship format meet using National Federation Rule 9-4.
7. Points and Degree of Difficulty (D.D.) Requirement:
    a. BOYS - Minimum score of 375 points and D.D. of Optional Dives 13.3 or higher.
    b. GIRLS - Minimum score of 375 points and D.D. of Optional Dives 13.0 or higher.
8. EXCEPTION - A Diver who places FIRST through EIGHTH in their respective STATE MEET and meets the minimum D.D. requirement BUT DOES NOT MEET THE MINIMUM SCORE REQUIREMENT MAY submit an application, along with their tape and appropriate fee, for consideration.

SUBMITTING VIDEOS

1. Submitting videos, score sheets, and applications:
    a. Each score sheet and application submitted must be for one diver in one 11-dive 1-meter interscholastic contest following National Federation Rule 9-4-1c.
    b. Two (2) different meets for the SAME DIVER may be submitted with separate applications and fees for each meet.
    c. ALL videos, score sheets and applications submitted *MUST* be labeled with the DIVER'S NAME, SCHOOL NAME, DATE and NAME of the MEET.
    d. Enclose applicable fee(s) for EACH application. All fees are non-refundable.
    e. PREVIEW your videos BEFORE mailing.
    f. Video links, DVDs and thumb drives will be accepted.
    g. Videos on media (DVD/Thumb Drive) WILL NOT be returned.
    h. *Videos not in compliance with these rules will be rejected.*
2. A maximum of TWO (2) meets will be judged by the Selection Committee.
3. Application Fees:
    a. Member: 1st App - $25, 2nd App - $15.
    b. Non Member: 1st App - $40, 2nd App - $25.
4. DEADLINE for applications to be entered, videos and required paperwork to be sent:
    a. By **December 31st** for Fall Seasons, or by **March 31st** for Winter Seasons
    b. Teams competing in Spring Season - Deadline is **May 25th**. *If your state championship is after this deadline, contact the All-America Diving Chair.*
    c. $30 late fee per APPLICATION for any application entered past the deadline for your season. **NO APPLICATIONS WILL BE ACCEPTED AFTER MAY 25th .**

ADDITIONAL INFORMATION

1. Videos WILL NOT be returned after the final All-America Selections are made.
2. Up to 100 divers will be named as All-America.
3. Divers who are selected to the All-America Teams shall receive one commemorative certificate. This certificate will be sent directly to the Diver.
4. Additional certificates for Coaches, Parents, or Schools may be purchased from NISCA. Order form available at www.niscaonline.org.
5. Results of the selection committee may be found at www.niscaonline.org after June 15.
6. Make a copy of your application and paperwork for your records and for use if your application is lost in the delivery process.

FILMING INSTRUCTIONS FOR ALL-AMERICA APPLICATIONS

1. Video must have only one diver performing 11 dives in the proper order following National Federation Rule 9-4-1c.
2. You must have DIVER'S NAME, SCHOOL NAME, DATE and NAME of the MEET at the BEGINNING of each contest.
3. What MUST BE FILMED:
    a. Forward takeoffs; STARTING POSITION, APPROACH, EXECUTION, and ENTRY into the water.
    b. Backward takeoffs; STARTING POSITION, EXECUTION, and ENTRY into the water.
    c. Entries; Continue filming all entries for two seconds after the diver enters the water.
    d. DO NOT FILM THE SCORES OR SCOREBOARD.
4. All filming should be done from as near a judge's position as possible. **"**BOARD LEVEL AND SIDE VIEW OF THE DIVE.**"**
5. Be careful NOT TO REWIND or ERASE any part of the previous dive (especially the entry).

6. Review VIDEO and score sheet. Make sure the video and score sheet match and that dives are in the correct order on the video.
7. *IF YOU WANT A COPY, MAKE ONE BEFORE YOU SEND IN YOUR VIDEOS. VIDEOS WILL NOT BE RETURNED.*
8. PLEASE FOLLOW THESE DIRECTIONS TO AVOID DISQUALIFICATION.

Certificates are sent to the ATHLETES HOME ADDRESS. If the address listed as the athletes home address is NOT their residence, NISCA is not responsible for replacing those certificates.